

Dinacharya

Daily Routine; Early morning is most beneficial
Grounds; Stabilizes; Focuses
Supports spiritual, mental, and emotional health

When we begin our day in a focused way and stay with a regulated daily routine our attention and energy will not dribble away.
We will have more prana; life energy, on the inside.

Ayurveda is the medicine of the people grounded on the philosophy that we are governed by the same principles and laws of Mother Nature.

If our day to day habits are out of sync with Nature we will not be able to experience a feeling of wellbeing deep within.

When we align ourselves with nature's cycles and rhythms we experience:

- The feeling of being connected with all things
- A vibrant yet calm energy; a zest for life
- Clear seeing; perception; so that we can discern and make choices most beneficial for ourselves while causing the least harm to others
- Deep love and nourishment from consciousness itself.
- We are better able to remain situated within ourselves where true health lives.

My top 6 most important Daily Routines:

All require Tapas- "Fire" the internal heat which is the unwavering devotion to the path of change and transformation; that which helps to burn up the deep, ingrained habit patterns and belief systems.

1. Regulated Daily living- get up, go to bed, exercise, and eat at the same time each day:
preferably up by 6am and bed by 10pm.
 - Begin the day in a focused way: Move the body: shake it out and 6 spinal movements
 - Sit quietly, reflect and set intentions for how you want your day to unfold and how you want to be in the world.
 - Enjoy the main meal in the middle of the day when the digestive fire is the strongest.
 - Eat an early, light dinner to help promote better digestion and sleep.
 - Wind down ½ to 1 hour before bed. Unplug from phone, computer, T.V. Dim the lights, Breathe deeply.
2. Proper diet in accordance with the seasons and one's constitution- in general: warm, moist, cooked Food this time of year. Begin adding more astringent, bitter, and pungent tastes come March.
3. Exercise, Breathe, meditate (simply sit quietly)
 - For every hour of sitting, stand or move about on your feet for 15 minutes.
4. Spend time outside in nature every day; preferably for at least 20 minutes.
5. Hydrate-drink plenty of room temperature or warm water
6. Oil the body: Abhyanga: self-oil massage with warm oil